



LEWIS & CLARK CITY-COUNTY  
**Health Department**

1930 Ninth Avenue  
Helena, MT 59601  
PH: 406.4HEALTH or 406.443.2584  
Fax: 406.457.8990

**PRESS RELEASE**  
Month XX, 2009  
**FOR IMMEDIATE RELEASE**

Contact: Mike Henderson, RN – Lewis and Clark City-County Health Department Disease Control and Prevention Administrator, 457-8914, mhenderson@co.lewis-clark.mt.us

**Novel H1N1 Flu Prevention**

**Helena** – The H1N1 flu continues to receive a lot of attention as the fall approached. Fortunately, the current wave of H1N1 is not as severe as previously expected. “The novel H1N1 flu was going around all summer and it is still circulating. The novel H1N1 flu affects mostly children and young adults. Fortunately most kids who have it recover on their own without hospitalization,” said Mike Henderson, Lewis and Clark City-County Health Department Disease Control and Prevention Administrator. However, according to the Centers for Disease Control and Prevention (CDC), future waves of the virus or new viruses may be more severe than what is being seen today.

A new vaccine against novel H1N1 is being produced and will be available in the coming months. This vaccine will be offered at the health department and medical clinics later this fall. Separate from and in addition to the seasonal flu shot, H1N1 vaccine will require two shots taken **three weeks apart** (*Not sure about the three weeks*). While novel H1N1 vaccine may initially only be available in limited quantities, but supply and availability will continue, so providers will be able to vaccinate unimmunized people. In the beginning, H1N1 vaccine supplies will be limited to high-risk groups of people. Those include:

- Pregnant women;
- Household and caregiver contacts of children younger than 6 months of age;
- Health care and emergency medical services personnel with direct medical contact with patients or infectious materials;
- Children 6 months through 4 years old;
- Children with chronic medical conditions under 19 years of age.

The novel H1N1 vaccine is not intended to replace the seasonal flu vaccine. It is intended to be used alongside seasonal flu vaccine to protect people. Seasonal flu will not protect you against novel H1N1. Seasonal flu and novel H1N1 vaccines may be administered on the same day. Although, seasonal flu will be available earlier than the H1N1 vaccine, the health department encourages individuals to get their seasonal flu vaccine as soon as it's available.

The people who should get annual seasonal flu vaccine include:

- All children aged 6 months--18 years;
- Persons aged 50 years and older;
- Women who will be pregnant during the influenza season;
- Persons who have chronic pulmonary (including asthma), cardiovascular (except hypertension), renal, hepatic, cognitive, neurologic/neuromuscular, hematological or metabolic disorders (including diabetes);
- Persons who have immunosuppression (including immunosuppression caused by medications or by human immunodeficiency virus);
- Residents of nursing homes and other long-term care facilities;

- Healthcare personnel;
- Household contacts and caregivers of children aged <5 years and adults aged 50 years and older, with particular emphasis on vaccinating contacts of children aged <6 months; and
- Household contacts and caregivers of persons with medical conditions that put them at higher risk for severe complications from influenza.

There are everyday actions that can help prevent the spread of germs that cause influenza. To lessen the chances of getting the flu, the CDC and Health Department officials recommend the following:

- 1) **Wash your hands often with soap and warm water**, especially after you cough or sneeze. Alcohol-based gel hand cleaners are also good to use
- 2) **Avoid close contact with sick people.**
- 3) **Cover your nose and mouth with a tissue when you cough or sneeze**, or sneeze into your sleeve. Throw the tissue in the trash after you use it.
- 4) **Avoid touching your eyes, nose of mouth.** Germs spread this way.
- 5) **Practice good health habits.** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
- 6) **Stay home when you are sick.** If you are sick, stay home and limit your contact with other people as much as possible to keep from spreading your illness to others (If you are pregnant and you live or have close contact with someone who has H1N1 flu, talk to your doctor about medicines to prevent flu.)
- 7) **Stock up on household, health, and emergency supplies**, such as water, Tylenol®, non-perishable foods.
- 8) **Have a plan** to care for sick family members.

*(Need a Quote.)*

For more information call the H1N1 flu hotline at xxx-xxxx or visit [www.CDC.gov](http://www.CDC.gov)

#####

*The Lewis & Clark City-County Health Department's mission is to improve and protect the health of all Lewis & Clark County residents.*